



## **Dyersburg City School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments in the Dyersburg City School System since the 2007-2008 school year.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Dyersburg City School System that includes:

- Dyer County Health Council membership
- School Health Advisory Committee
- Healthy School Teams at all schools
- The School System Wellness Policy has been strengthened to include foods offered outside the cafeteria K-8 will not compete with school lunch/breakfast, Healthy School Teams established at each school, Healthy School Teams utilizes School Health Index to establish action plans
- Student wellness screenings yearly on K, 2, 4, 6, 8, & one grade in high school
- Since 2007-2008 the total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA is \$122,414.00.

Community partnerships have been formed to address school health issues. Current partners include:

- UT Extension Services
- YMCA
- Dyersburg Regional Medical Center
- Dyersburg/Dyer County Inter-Agency
- Dyer County Health Council
- Dyer County Health Department
- MidSouth Medical Center
- Dyersburg Parks and Recreation
- Lambuth LinX – School Wide Positive Behavioral
- Dyersburg Police Department
- Professional Care Services
- Dyersburg Fire Department
- Dyersburg State Community College
- McIver's Grant Public Library
- West Tennessee Public Health Family Planning Advisory Board
- Tennessee Department of Children's Services
- Dyer County District Attorney

## **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities. These activities include Healthy School Team member, Food Fiesta volunteers, Pioneering Health Communities Health Summits, Photo Voice.

Students have been engaged in CSH activities. These activities include Blue Cross Blue Shield Walking Works for Schools program, USDA Fresh Fruits and Vegetable Grant snack program UT Extension TNCEP/FYI: Food Youth Initiative and Power U, Tennessee Department of Health “Better Me” program & Child Health Week, Morning Miler's Club, Pioneering Healthy Communities “Photo Voice” program, YMCA Healthy Kids Day , HOSA – National Eating Disorder Week and Germ City. Approximately 15 students in the local high school HOSA group are partnering with CSH to address school health issues. Their activities include support of National Eating Disorder Week at Dyersburg High School and UT Extension “Germ City” classes at Dyersburg Primary School.

## **School Health Interventions**

In 2009-2010 CSH has facilitated the following health interventions:

4,736 School Health Screenings and 573 Referrals to Health Care providers for 2009;

15,244 students have been seen by a school nurse and 14,843 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. According to 2009-2010 data 42% of the Dyersburg City School System students were overweight or obese. 23% were obese;

Since CSH began in 2007-2008, many items have been purchased with CSH funds to enhance school health efforts. Items purchased include a walking track at Dyersburg Primary School, a walking track at Dyersburg Intermediate School, the completion of a walking/nature trail at Dyersburg Middle School, partial funding of archery classes at Dyersburg High School, full funding of the fresh fruits and vegetable snack program for all third grade students at Dyersburg Intermediate School, purchase of BMI scales and digital blood pressure machines for all schools, equipment to enhance PE classes, and educational materials such as the Michigan Model curriculum to enhance comprehensive health education classes.

Professional development has been provided to school health staff. Examples include: mental health 101 in service training for all teachers, TAPEHERD conferences for PE teachers, SMART Room training for teachers, and School Wide Positive Behavior System training for classroom teachers.

School faculty and staff have received support for their own well-being through free health screenings provided by Dyersburg Regional Medical Center and participation in state/local health promotion programs such as Walk Across Tennessee, Dining with Diabetes, Tennessee Department of Health “Get Fit TN”, and YMCA initiatives.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – The Michigan Model health/wellness curriculum in place in all schools;
- Physical Education/Physical Activity Interventions – Morning Milers Club, Blue Cross Blue Shield Walk Across Tennessee, VERB, compliance with the 90 minute Physical Activity Tennessee Law;
- Nutrition Interventions – USDA Fresh Fruit and Vegetable free snack program for all students at Dyersburg Primary School, CSH Fresh Fruit and Vegetable free snack program for all third grade students at Dyersburg Intermediate School;
- Mental Health/Behavioral Health Interventions – Director of Mental Health Services manages a School Intervention Team at each school to address individual student needs and maintains the Community Mental Health Team.

Through the Robert Wood Johnson Foundation Pioneering Healthy Communities Grant the Photo Voice project was completed with middle school students. Seventeen students were given disposable cameras and asked to take pictures of the “health” of Dyersburg/Dyer County. The photos along with the comments the students made were fashioned into framed posters. These posters are a traveling exhibit for the community to view.

In such a short time, CSH in the Dyersburg City School System has made significant contributions to the well being of our students and staff, which in turn have addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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